

CalMHSA Express Week of July 1, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Public Service Announcement (PSA) Contest Inspires New Generation of Californians to "Direct Change"*
- *UCLA Walk Helps Raise Suicide Prevention Awareness*
- *Presenters Sought for Mental Health Policy & Practice Conference*
- *July Program Partner Spotlight Highlights the California Department of Education's K-12 Student Mental Health Program*

Hot News (funded by CalMHSA and Proposition 63)

Public Service Announcement (PSA) Contest Inspires New Generation of Californians to "Direct Change": Two finalists from the Directing Change high school student filmmaking competition have been profiled in the news media for their contributions to combating stigma and reducing suicide.

- In [*TEEN FACE: Young filmmaker wins state recognition*](#), second-place winner Emma Spiekerman is profiled for her PSA, "More than a Mental Illness." Spiekerman wrote the script, casted friends, played guitar and piano on the soundtrack and edited the stigma-busting film. "It's really hard to be a teen in high school and suffer from a mental health problem. That's what motivated me to want to spread this message of acceptance, and the fact that people aren't their mental illness."
- Spencer Wilson's PSA, "Circling Stigma," captured first place statewide in the "Eliminating Stigma" category of the Directing Change contest. "I wanted to show the isolation of young people affected by mental illness, and what a difference it makes if they can talk to each other," Wilson said. Read more about Wilson in [*Novato high-schooler wins statewide award for mental illness video*](#).

To view the video submissions of finalists and the contest winners announced May 26, 2013, visit: www.directingchange.org. For more information, contact Richelle Brown at Richelle@adease.com.

UCLA Walk Helps Raise Suicide Prevention Awareness: On May 11, 2013 UCLA partnered with the American Foundation for Suicide Prevention to host the campus' first-ever "Out of the Darkness Campus Walk." 251 walkers participated raising \$21,127 for suicide prevention efforts. CalMHSA suicide prevention program partner Didi Hirsch Community Mental Health Center was one of the community organizations that helped UCLA build a successful event, and the campus hopes to grow it even stronger next year. For more information, contact Dr. Lisa Liu at lliu@caps.ucla.edu.

Presenters Sought for Mental Health Policy & Practice Conference: The California Association of Social Rehabilitation Agencies (CASRA) is currently accepting proposals for presentations at the CASRA fall conference, "Where Policy and Practice Meet," on October 22, 2013 in Burbank, California. This annual conference will feature Robert Whitaker, award-winning author of "Mad in America" and "Anatomy of an Epidemic." For information call Marianne Baptista at (925) 229-2300, and visit www.casra.org for an application.

July Program Partner Spotlight Highlights the California Department of Education's K-12 Student Mental Health Program: One in five young people experiences a mental health issue each year. July's [Program Partner Spotlight](#) highlights the California Department of Education's efforts to both help California schools address the challenges that come when unidentified and untreated mental health issues present themselves in the classroom, and empower the teachers and school staff, who reach 6.2 million students in California, to connect students with life-changing resources. Previous issues of the Spotlight can be found [here](#).

Prop. 63 in the News

In "[Friendship Line offers support to seniors](#)," the Eureka Times-Standard highlights an accredited crisis intervention service now in its 40th year available to local seniors in need of emotional support and compassionate connection offered by Humboldt County in Partnership with CalMHSA. "Emotional support is essential for adults experiencing the physical and psychological effects of aging," said county DHHS Mental Health Director Asha George. The support line offers help to at-risk adults 60 and older, as well as their family members and caregivers.

Down the Pipeline

In honor of Independence Day, the CalMHSA Express will not be published on Monday, July 8th, 2013. Look forward to the next edition on July 15th, 2013.

Do you have news to share? Send submissions to Jenna Thompson at Jenna@paschalroth.com.